Safety FLASH

US Army Corps of Engineers ®

HEAT STRESS

Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating. • Mental confusion or losing consciousness.
- Seizures or fits.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularl
- Drink lots of water; about 1 cup every 15 minu
- Wear lightweight, light colored, loose-fitting cl
- Avoid alcohol, caffeinated drinks, or heavy me

What to Do for Heat-Related Illness

- Call 911 and Supervisor at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Be Safe, Share The Ways!

Safety FLASH

FLAGGING

US Army Corps of Engineers ®

Flagger stopping traffic

Flagger motioning traffic to proceed

Flagger slowing traffic

Flagging

Flagging is a very important and demanding job. Flaggers protect workers and the traveling public. It is unfortunate and sometimes disastrous that too often flagging is assigned to unmotivated or untrained people. Supervisors may assume that everyone knows how to flag when, in fact, workers need to be trained to be effective flaggers.

Flaggers need the proper attitude, the proper equipment; and proper training.
Proper attitude includes being: Alert Motivated Committed

To maintain attention level and alertness, it is important to relieve flaggers regularly.

Equipment should include:

Stop-slow paddle (preferred) or red flag (in emergency situations) or red Stop/Slow flag

High visibility Retroreflective vest or jacket.

Suitable clothes/footwear

Two-way radio to communicate between flaggers if hand signals will not work

Hard hat

"FLAGGER AHEAD" sign and other work zone traffic control devices

Proper Training

The first rule of flagging is do not stand in the travel lane! The proper place to stand in order to stop traffic is at the right shoulder of the road. That way, if the driver doesn't see the signal to stop or slow down, the flagger won't get hit. Flaggers should always have an escape route. It is preferable for drivers to hit traffic cones and stop in the buffer area than to hit the flagger. Make sure that the sight distance is long enough to allow drivers time to see and react (500 feet on faster roads, 200 feet in slower areas).

It is important to train all flaggers to adhere to standard signals. Non-standard actions will confuse drivers.

To Stop Traffic:

Stand on the edge of the road facing traffic

Hold up your left hand palm outward, like a Police Officer

Hold the paddle out away from your body, the STOP side toward traffic

If you are using a flag, hold it out horizontally. Do not wave the flag! It confuses drivers.

Make eye contact with the driver

If necessary, after the first car has stopped you may go to the center of the road to stop succeeding cars.

If two flaggers are working, use a two-way radio or hand signal to tell the other flagger that your traffic is stopped. Do not use the flag to signal.

To Release Traffic:

After receiving the signal from the other flagger, step back to the shoulder of the road, turn your paddle to SLOW.

With your free hand, motion traffic to proceed.

Do not wave the flag! It confuses drivers.

To make sure drivers see your flagger, remember these tips. Flaggers should...

Be dressed appropriately

Wear a clean, regulation vest

Stand alone, away from other people

Face traffic and make eye contact with drivers

Be alert and pay attention

Make sure that flaggers have a good escape route in case a driver fails

Be Safe, Share The Ways!

US Army Corps of Engineers ®

Safety FLASH

CHAIN SAW SAFETY

Chain Saw Safety

Here are some helpful tips on using a chain saw to clean up debris after a storm. The chain saw is a time saving and efficient power tool. It can be unforgiving and lethal, however, causing injury or death in the hands of a uninformed and unaware operator. It is not the chain saw causing the accidents or injuries but the environment in which it is used.

Read your safety manual that came with your chain saw.

If you are going to help clear tree and wood debris, you should wear at least:

A helmet system (consisting of head, face and hearing protection)

Leather gloves and a pair of chain saw protective work boots with steel toes

Chain saw protective chaps or chain saw protective pants (UL Listed)

Read your owner's manual concerning kickback.To reduce the risk of kickback injury:

Use a reduced kickback bar, low kickback chain and chain brake

Avoid contact between the bar tip and any object

Hold the chain saw firmly with both hands

Do not over-reach

Do not cut above shoulder height

Check the chain brake frequently

Follow sharpening and maintenance instructions for the chain saw

Make sure that your chain saw has these features, and that the feature[illegible]g:

Chain brake (manual or inertia)

Chain catcher

Working **safety** throttle switch

Working on/off switch

Spark arrester

Fill a gas-powered chain saw when the engine is cool.

If the saw is out of gas, let it cool 30 minutes before refueling.

Do not smoke when refueling the saw!

Look out for hazards!

Broken or hanging branches, attached vines, or a dead tree that is leaning. All of these hazards can cause the chain saw operator to be injured.

If you have to cut a dead tree, be very careful! The top could break off and kill you.

If the tree is broken and under pressure, make sure you know which way the pressure is going. If you're not sure, make small cuts to release some of the pressure before cutting up the section.

Be careful of young trees that other trees have fallen on. They act like spring poles and may propel the chain saw back into your leg.

Carry the chain saw with the engine off.

Never cut when tired or alone.

Most woodcutting accidents occur late in the afternoon when most people are pushing to finish up for the day. Always work with a partner but never around children or pets.

Use a chain saw from the ground level only, not on a ladder or in a tree.

You should have a preplanned escape route.

It should be at a 45° angle from the projected direction of a falling tree. Make sure there is nothing that could trip or stop you from making a quick retreat.

If you follow these basic tips you can avoid preventable injuries.

Be Safe, Share The Ways!

US Army Corps of Engineers ®

Safety FLASH

SNAKE BITES

Snakebites

Venomous snakebites are rare, and they are rarely fatal to humans. Of the 8,000 snakebite victims in the United States each year, only about 10 to 15 die. However, for any snakebite the best course of action is to get medical care as soon as possible.

•Try to keep the snakebite victim still, as movement helps the venom spread through the body.

•Keep the injured body part motionless and just below heart level.

•Keep the victim warm, calm, and at rest, and transport him or her immediately to medical care. Do not allow him to eat or drink anything.

•If medical care is more than half an hour away, wrap a bandage a few inches above the bite, keeping it loose enough to enable blood flow (you should be able to fit a finger beneath it). Do not cut off blood flow with a tight tourniquet. Leave the bandage in place until reaching medical care.

•Try to identify the snake so the proper antivenin can be administered, but do not waste time or endanger yourself trying to capture or kill it.

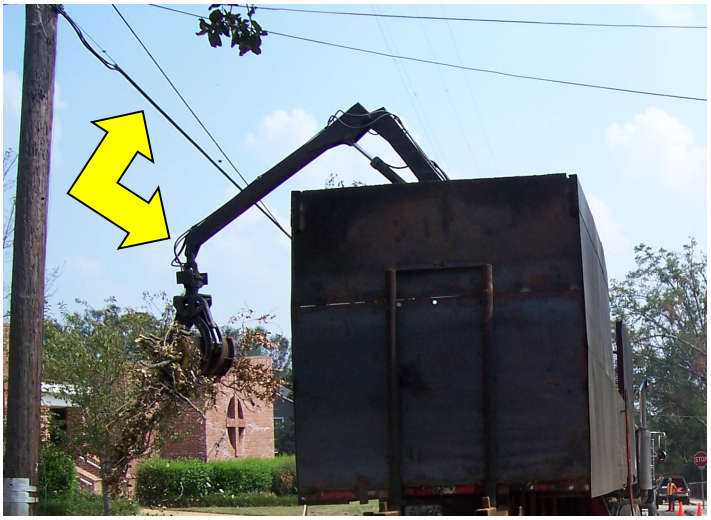
•If you are alone and on foot, start walking slowly toward help, exerting the injured area as little as possible. If you run or if the bite has delivered a large amount of venom, you may collapse, but a snakebite seldom results in death.

Be Safe, Share The Ways!

US Army Corps of Engineers ®

Safety FLASH

WORKING AROUND POWER LINES



Working Around Power Lines

Our contractors are getting too close to power lines. Adequate safe distances MUST be maintained from electrical lines. **NO machinery may operate within 10 feet of a power line under any circumstance**. Spotters must be employed when working within 20 feet of a power line to ensure that the correct distance is kept from the line. The spotter must be in a position to see both the line and the operator of the machinery. If you have a question about it, just ask.

Be Safe, Share The Ways!